



LIVE WELL  
SAN DIEGO

September 7, 2017  
Behavioral Health Advisory Board  
Meeting Minutes

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P.O. BOX 85524  
San Diego, CA 92186-5524  
(619) 563-2700 • FAX (619) 563-2775/2705

**MEMBERS PRESENT**

Joel San Juan – District 1  
Michael Matthews – District 2  
Jenifer Mendel, Member-at-Large (ADS) – District 2  
Deanne George – District 3  
Colin MacKinnon – District 3  
Ed Weiner – District 3  
Tom Behr – District 4  
Jerry Hall – District 4  
John Sturm, 1<sup>st</sup> Vice Chair – District 4  
Judith Yates, Member-at-Large (MH) – District 4  
Dana Hamilton – District 5  
Richard McGaffigan – District 5  
K.C. Strang – District 5

**MEMBERS NOT PRESENT**

Eyra Leeper – District 1  
Rebecca Hernandez, 2<sup>nd</sup> Vice Chair – District 2  
Phil Deming, Chair – District 5

**STAFF TO THE BEHAVIORAL HEALTH ADVISORY BOARD**

Alfredo Aguirre, Director, Behavioral Health Services (BHS)  
Ben Parmentier, Administrative Analyst III, Behavioral Health Services  
Phil Ainsworth, Administrative Analyst II, Behavioral Health Services

**I. CALL TO ORDER**

The Behavioral Health Advisory Board (BHAB) meeting was called to order by John Sturm, 1<sup>st</sup> Vice Chair, at 2:33 p.m. at the County Administration Center, 1600 Pacific Highway, San Diego, California 92101, Room 310.

**II. INTRODUCTION OF BOARD MEMBERS**

Members of the BHAB introduced themselves.

**III. APPROVAL OF THE MINUTES –August 3, 2017**

ON MOTION of John Sturm, seconded by Michael Matthews, the BHAB approved the minutes of August 3, 2017, as written.

AYES: 10 NAYS: 0 ABSTENTIONS: 2

**IV. PUBLIC COMMENT**

Angela Rowe from Vista Hill Foundation came before BHAB to thank the County of San Diego for continuing with the Mental Health Services Act (MHSA) plan and homeless outreach efforts. She encouraged the County of San Diego to find alternative housing solutions for the homeless individuals in San Diego.

Elizabeth Lou from Nile Sisters came before BHAB to discuss the mental health needs of the refugee population in San Diego County. She requested that the County of San Diego invest more time and resources into the refugee population to meet the needs of over 150,000 refugees. A mental health report from Nile Sisters has been published on their website at <http://nilesisters.org/publications>.

Dr. Bernard Tann, Tabernacle African Caribbean Refugee Association, came before BHAB as a psychologist that is in partnership with the Nile Sisters. He noted a rise in mental breakdowns within the refugee community because of life events. Dr. Tann requested that the County of San Diego invest in more services for the refugee community.

Alicia DeLeon-Torres, Survivors of Torture International, came before BHAB as a County of San Diego Contractor and Live Well San Diego partner. Survivors of Torture International served 550 clients last year, half who are under the age of 17. Ms. DeLeon-Torres raised concerns regarding the behavioral health budget. Her comments will be considered an MHSA 3-Year plan public comment.

Ellen Frudakis-Stone, Chair of Tiny Homes Subcommittee, came before BHAB to discuss their support of the MHSA plan's solution to affordable housing. Ms. Frudakis-Stone invited members from the Behavioral Health Advisory Board to her event, *Affordable Housing Solutions*, on October 26<sup>th</sup>-28<sup>th</sup> at the Jacob Center. Their website is [tinyhomecentral.net](http://tinyhomecentral.net).

Marie Sanabria came before BHAB to discuss an issue with her daughter's conservatorship. Ms. Sanabria stated her concern that staff caseloads are too high to properly care for her daughter. She feels regulations need to be updated in regard to timeframes to see clients.

## **V. MENTAL HEALTH SERVICES ACT (MHSA) 3-YEAR PLAN**

### **Briefing on MHSA 3-Year Program & Expenditure Plan- Adrienne Yancey, Principal Administrative Analyst, Behavioral Health Services**

The board was informed of the details of the Mental Health Services Act (MHSA) 3-Year Plan. This plan will cover Fiscal Years (FY) 2017-18 through FY 2019-20. The plan funds various mental health programs serving a range of age groups and mental health issues. This plan will also add new programs and make changes to existing programs.

#### **DISCUSSION:**

A request was made for more information regarding the availability of permanent affordable housing and finding homes for those who need them.

- The Project One for All initiative and the No Place Like Home program from the State of California develop, explore, and establish housing in order to serve people with mental health issues.

#### **PUBLIC COMMENT:**

Dan Chavez, Executive Director, San Diego Health Connect, came before BHAB to recommend the County of San Diego use San Diego Health Connect software to improve mental health records for the community. Currently the Connect Well program is used.

Elizabeth Lou from Nile Sisters came before BHAB to discuss the mental health needs of refugees in the community. She stated that the MHSA Plan does not provide any services specifically for refugees.

Diane Signore from East County Regional Homeless Taskforce came before BHAB to discuss her brother's case regarding homelessness. She feels the 72-hour hold for mental health assessment is not long enough to properly evaluate an individual.

Jama Mohamed from United Women of East Africa came before BHAB to discuss the needs of the East African Communities in the region. He discussed the need for services and programs to assist young men within the East African refugee community.

Marie Sanabria came before BHAB to advise that the sober living house she wants her daughter to use is currently up for sale. There is no protection from realtors selling the property, resulting in changes to the services available at those locations. She urged the board to institute protections against the sales of these facilities

### **DISCUSSIONS:**

It was pointed out that in the MHSA Plan there is no specific wording regarding older adults in relation to community services and support in clubhouses. Concern was expressed that the current clubhouse model doesn't fit the needs of older adults.

- The MHSA Plan has \$18 million allocated toward funding older adult programming. This includes a program, Cognitive Rehabilitation and Exposure/Sorting Therapy (CREST) to address some peer support, psychiatric, and case management needs of this population. There is no clubhouse funding associated with older adults.

Concern was raised that the MHSA Plan has allocated \$5 million to use for ConnectWell San Diego Software. It was asked if it is appropriate to spend MHSA dollars on technology that is made for the entire County and not solely for Behavioral Health, and if this program will be able to integrate with the systems already in use.

- ConnectWell San Diego is used to connect clients throughout the County. This portion of funding is meant to serve only the behavioral health providers. Behavioral health providers are currently entering the same information into two systems which creates a burden. This software would integrate the system and allow billing directly from one system instead of having the providers do dual entry. Currently there are three systems that are not linked and the inoperability is affecting behavioral health providers now.

Concern was raised regarding the lack of services for sexually exploited victims that are male youth or TAY.

- A new program is being funded in the MHSA Plan to work with both young male and female victims. The current program began this year, focuses on commercially sexually exploited children in the juvenile system and is exclusively focused on female victims. Staff is looking to expand this program to include males.

Concern was raised regarding the Hepatitis A outbreak. Why is there no advocating for bathrooms near handwashing stations?

- The County and the City are engaged in discussions to ramp up efforts for prevention and treatment of the outbreak, led by the County's Public Health Department.

Concern was raised that populations of people of color are being underserved.

- The MHSA Plan looks to enhance the Urban Beats program to serve the East African young adult population with culturally responsible and informed services.

Concern was raised regarding funds that haven't been allocated or spent from the MHSA budget. Can the dollars be converted?

- With multiple expansions, such as project One For All, there remains a balance of approximately \$105 million. Based on projections from the MHSA Plan, this figure will go down significantly. For FY 2018-19, the budget will be stable. However, there needs to be adjustments in FY 2018-19 to reflect funding availability in FY 2019-20 to ensure the budget is sufficient.

Concern was raised regarding the ten year timetable to spend \$10 million in MHSA capital funding as this is the last year allowable to spend these funds.

- The County can decide to invest other money into capital projects but this may take away from services.

Are there MHSA dollars going to juvenile facilities? Do children on psychotropic drugs qualify?

- MHSA dollars are going to some juvenile programs. MHSA is leveraged in juvenile facilities, such as working with staff team clinicians after they leave the facilities.
- Children could qualify for assistance regarding psychotropic medication. The Jewish Family Service clinic receives MHSA funding. They may also be able to access community-based services that receive MHSA funding.

Is the North Inland Regional Crisis Residential Facility available?

- The facility has been built and is ready for use.

It was asked how MHSA dollars are leveraged by the County and private organizations to create a better system. Since UCSD does evaluations for mental health programs, having the UCSD research figures in the report would be beneficial.

- MHSA is leveraged to obtain federal dollars to help fund County of San Diego programs.
- UCSD evaluations are included in the appendix to the MHSA plan. The appendices are used to support the recommendations.

**VI. ACTION ITEMS: Vote on Mental Health Services Act (MHSA Plan)**

ON MOTION of Tom Behr, seconded by Jennifer Mendel, the BHAB approved the MHSA 3-Year Plan, as written.

AYES: 11   NAYS: 0   ABSTENTIONS: 0

**VII. ACTION ITEM: Confirmation of the Chairperson's appointment of Nominating Committee**

ON MOTION of Michael Matthews, seconded by Jerry Hall, the BHAB approved the formation of the Nominating Committee.

AYES: 11   NAYS: 0   ABSTENTIONS: 0

**VIII. PRESENTATION: Opioid Update**

**Linda Bridgeman-Smith, DUI and Prevention Services Manager**

The board was provided an update on the opioid crisis. Ways to reduce the opioid crisis were discussed in the FY 17-18 Action Plan. Local drug use trends were also discussed. Deaths from the opioid Fentanyl have increased in recent years. Risks were discussed regarding first responder exposure to fentanyl. Upcoming events to help reduce the opioid crisis are: National Take Back Day on October 28<sup>th</sup>; CA Opioid Policy Summit on November 8-9<sup>th</sup>; and the Prescription Drug Abuse Task Force meeting on November 17<sup>th</sup>.

**DISCUSSIONS:**

What is being done to address the problem of rogue pharmacies and illegal prescription usage?

- In San Diego there are minimal rogue pharmacies. Prescribers are under oversight of the California Medical Board and Drug Enforcement Administration. The District Attorney's office prosecutes those cases to the fullest extent allowable.

Is fentanyl considered an opioid?

- Fentanyl is an opioid. There is a legitimate use for the painkiller in certain surgeries and large animal veterinary practices. The risk comes from clandestinely produced fentanyl, which is coming to San Diego through ports of entry.

It was noted that there are multiple schools with McAllister treatment programs for children that are found with drugs. School districts are also involved in prevention of drug abuse.

**IX. DIRECTOR'S REPORT – Alfredo Aguirre, Director, Behavioral Health Services**

- Edgemoor skilled nursing facility won the Gold Award from the American Health Care Association. A tour of the facility can be held for interested BHAB members.
- Reminder of the Recovery Happens event on September 16<sup>th</sup>.
- San Diego County's Drug Medi-Cal Plan received positive responses. Rates will be submitted to the State and negotiations will begin.
- Proposed BHAB Bylaw revisions are being reviewed by County Council.
- Service Employees International Union has proposed a work action as a result of no labor agreement being reached. A planned two day strike on September 12-13<sup>th</sup> may occur. County services will be available but may be impacted by a strike.

**X. CHAIRPERSON'S REPORT – John Sturm, 1<sup>st</sup> Vice Chair**

- The Nominating Committee has been formed and will meet to form the Executive Officer slate. Then elections will be held in November.
- Ben Parmentier will send out BHAB's priorities list in order guide the 2018 priority setting discussion at the fall retreat.
- The agenda will be sent out for the fall retreat prior to October 21<sup>st</sup>.

**XI. ADVOCATE REPORTING**

None

**XII. BOARD MEMBER ANNOUNCEMENTS**

None

**XIII. MEETING ADJOURNMENT**

ON MOTION of Tom Behr, seconded by Jennifer Mendel, the meeting adjourned at 4:45 p.m.

AYES: All

**Brown Act Procedure:** *As required by California Government Code 54950 et seq. (Ralph M. Brown Act), a copy of the packet of information that was mailed to Behavioral Health Advisory Board members at the point of posting of this agenda has been placed at the reception desk at 3255 Camino Del Rio South, San Diego, CA 92108, for public inspection, and is available at the site of the meeting for public inspection. Members of the public wanting their own copy of the advance materials may request them under Government Code 6250 et seq. (Public Records Act) and receive them on payment of copying charges of \$0.20/page, and actual mailing charges, if mailing of the material is requested. If you are planning to attend and need special accommodations, you must call Jackson Alexander at (858) 505-6521, at least three days in advance of the meeting.*

Respectfully submitted,



Sarah Alvarado, Secretary to the Director  
Behavioral Health Services

Reviewed by,



Ben Parmentier, Administrative Analyst III  
Behavioral Health Advisory Board Support Staff

Approved by,



Phillip R. Deming, Chairperson  
Behavioral Health Advisory Board

**For BHAB documents, agenda, minutes and Director's Reports, please read or download from the Network of Care Behavioral Health Advisory Board at:**

**<http://sandiego.networkofcare.org/mh/content.aspx?id=257>**